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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
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If your shelled nuts appear limp, rubbery, dark, or have shriveled kernels—they may be stale. Usually you can tell by looking at them. Nutmeats should be plump and fairly uniform in color and size according to marketing specialists at the U.S. Department of Agriculture.

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Eye appeal? Sprinkle nuts over your salad—or cut cream cheese into cubes and roll them in crushed nuts and cherries.

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Do you really need those whole asparagus spears? If you're using them in a salad with other cut-ups, you can save money by using pre-cut asparagus.

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Dry peas are low in both fat and sodium. They are also an inexpensive source of protein. Dry peas contain B vitamins, especially thiamine, and also minerals, calcium and iron.

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What's the difference between yellow and green dry peas? Just the color. Nutritionally, yellow and green dry peas are the same—and should be cooked the same way, too.

USDA PROPOSAL

— On Bockwurst

Now's your chance to help determine how this specialty sausage should be made!

The U.S. Department of Agriculture has proposed that it be required to contain at least 70 percent meat: either pork or a combination of pork and veal or pork and beef. Milk, eggs, and vegetables would also be required in the product formula. Spices and other ingredients would be optional. The sausage, the proposal says, could be either cooked or uncooked, but could not be cured.

If the proposal is adopted, federally, inspected products would have to meet its requirements or they could not be labeled "bockwurst". USDA sets standards such as these, with the help of comments it receives from the public, so consumers will get what they expect when they shop.

If you'd like to comment on this proposal, send your remarks (in duplicate, please) before August 17 to the USDA Hearing Clerk, Room 112-A, Washington, D.C. 20250.

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USDA 1919-73

DON'T SPOIL THE FUN IN THE SUN

—It's SAFETY FIRST For FOOD!

Summer is outdoor cooking time. It's picnic time. But—it's also bacteria time. And the latter we don't need. Bacteria flourishes in hot weather—and food poisoning is a most unwelcome guest at any outing. Remember, in the sun, it is very important that picnic foods are kept wholesome from the time you leave home to the time you settle down to eat. To keep food wholesome in hot weather the Animal and Plant Health Inspection Service of USDA wants you to remember a few things you should follow in the preparation and preservation of perishable foods.

Favorite picnic foods like hamburgers, fried chicken, salads, frankfurters, and sandwiches all need the same care, basically. The first thing to remember when going on a picnic is that germs grow faster in hot weather, so, naturally, there are some "pre-picnic" precautions you should take after you reach the picnic site.

Most meat and poultry products, such as hamburgers, need to stay cold til they are cooked. You should keep them in the refrigerator for only a day or two before you pack them in your cooler—and then, with plenty of ice. Form your patties ahead of time, place waxed paper between them, and freeze them as one foil-wrapped unit. This is so you can just put the frozen package in your cooler, and by the time you're ready to cook them, the patties should be thawed. Ground beef may be eaten rare, but pork and poultry products should be cooked thoroughly.

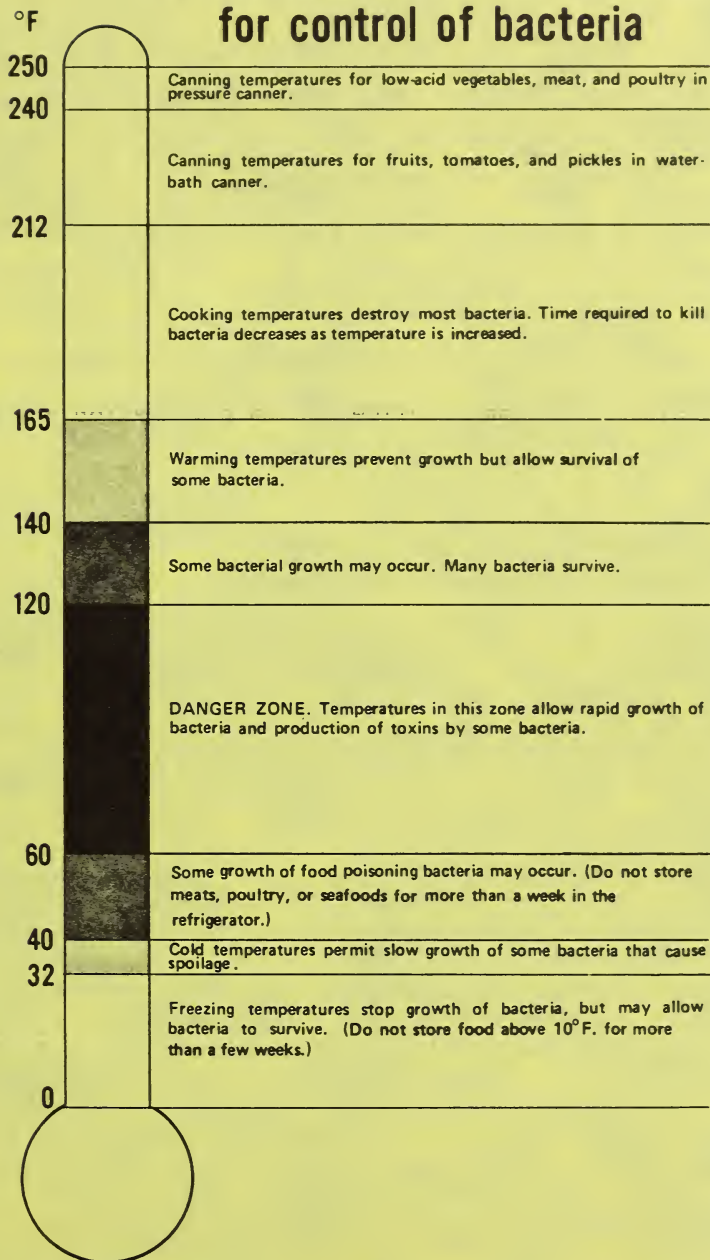
Your cooked fried chicken should stay in the cooler until you are ready to serve it. Salads should be kept cold also to maintain wholesomeness—and to be tasty, too. Don't remove the franks from your cooler—until ready to cook.

Sandwiches? Most of them stay fresh and wholesome by freezing, but they should be wrapped tight in foil or plastic film. In the refrigerator they should be covered with waxed paper, a plastic film, or a damp cloth to keep them from drying out.

Really, you should not freeze sandwiches that contain mayonnaise, salad dressing, jelly, lettuce, celery, tomatoes, or hard-boiled eggs. Freezing these items won't affect the wholesomeness of the sandwich but will make the items watery, cause the ingredients to separate, and decrease the quality of the sandwich.

Remember these tips on the care of perishable foods in hot weather: Keep hot foods hot, and cold foods cold, not in between; always leave food in the cooler until ready-to-serve; and store leftovers properly. Refrigerate cream, custard, or meringue pies and foods with custard fillings.

TEMPERATURE OF FOOD for control of bacteria



CHILDREN'S FEATURE

What Do You Do On A Rainy Day?

Making ice cream is a fun thing to do at any time of year—or at any age. But, what is better on a rainy day when the children are out of school, camp is not in—and "Hey, Mom, What's To Do?" shouts are heard? Make ice cream. It has more appeal for children than any other dairy product. When a youngster participates in the process of making ice cream at home, he learns about dairy products first hand.

While the home products may have the familiar texture or consistency, you should point out that they may not have the same taste and color as those purchased from the store. Ice cream provides high-quality protein and the B-vitamin riboflavin.

Based on a new Science Study Aid published by the Agricultural Research Service of the U.S. Department of Agriculture, the following "experiment" may demonstrate how easy it is to make your own ice cream.

Materials

Bowl, 2 or 3 quart size
Coarse Salt, 2 pounds
Cracked ice, 5 pounds
One gallon freezer, hand crank or electric
Mixing spoon

Ingredients

1-3/4 quarts light cream
1/2 pint evaporated milk
1 tbsp. gelatin dissolved in
1/2 cup cold water
Pinch of salt
1 tbsp. vanilla

Procedure:

1. Put ingredients in the bowl, and mix thoroughly.
2. Pour the mixture into the ice-cream container of the freezer. Fill the container not more than 3/4 full. As the freezer operates, air will enter the mixture and it will expand as it freezes.
3. Place the container in the freezer pail, cover it, and adjust the top. Make sure the cover is tight.
4. Pack ice and coarse salt around the container (use 1 part salt to 4 parts ice).
5. Turn the crank slowly if hand operated, or let the freezer run normally if electric, until the ice-cream mixture is hard enough to stick to a spoon. This step should take from 12 to 20 minutes.
6. Carefully remove the dasher from the container, then replace the cover of the container.
7. Drain the brine (mixture of salt and melted ice) from the freezer pail and add more coarse salt and cracked ice.
8. Cover the top of the ice-cream container with a layer of ice. Then cover the top of the freezer with newspapers or other covering that will provide insulation. Let stand for 2 to 3 hours to harden the ice cream (although it can be eaten soft).

COMMENTS AND INQUIRIES TO:

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